

Meditational Skills for Real Healing

"How Big Is Your Wholeness"

To understand **real healing**, and the meditational skills related to **real healing**, requires an understanding of **life**.

Biologists characterize **life** by the functions:

reproduction

- life replicates

growth

- mostly by cell multiplication and differentiation, and

responsiveness

- requiring energy

for changes in position,

posture and state (doing and being).

Cells are the modules of **life**.

The kind of cells from which most life, with which we are familiar, are constituted, are called eucaryotic cells.

Eucaryotic cells are about ten (10) times the size of procaryotic cells, the cell type of such as bacteria.

The eucaryotic cell has structures within, called organelles.

Eucaryotic cells, in the human body, have about four thousand (4,000) chemical reactions per second which occur, within each cell.

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All three of these characteristics of **life**:

reproduction, growth and responsiveness,
involve **change**.

These three functions of **life** involve **change, change** with a **direction**.
The **direction** involves **system gains**.

Health is the restoration, the preservation and
the enhancement of **system gains**.

Evolution progresses in the **direction** of **system gains**.

Meditational skills involve one's awareness and attention.

To relate meditational skills to healing,
requires directing one's awareness and attention.

The awareness and attention is highly
directed to the state of distraction,
discomfort or distress, when one isn't well.

The awareness must be redirected towards the images of wholeness.

Attention is developed awareness.

Attention must be mobilized.

The brain will register
alpha (8 - 12 hertz),
high amplitude alpha
and theta (4 - 7 hertz),
when the awareness is redirected
and attention is mobilized.

This involves mind awake, body asleep
states of consciousness.